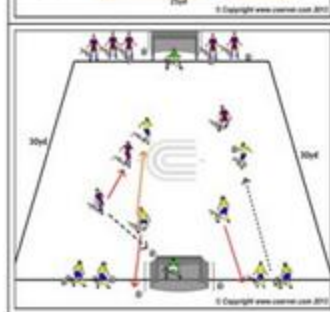
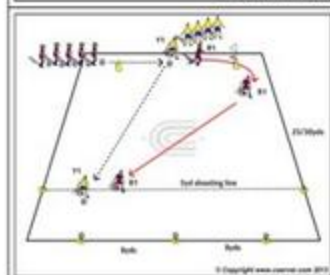


# KRISTINE LILLY

FORMER MEMBER AND CAPTAIN OF US WOMEN'S NATIONAL TEAM,  
U.S. OLYMPIC TEAM HALL OF FAMER

FIELD SESSION: KRISTINE LILLY AND COERVER COACHING SESSION:  
TEACHING EFFECTIVE USE OF SKILLS



WARM-UP	
Organization	Key Coaching Points
<p><b>DRILL 1: The Coerver Foundation - Skill (Ball Mastery)</b></p> <p><b>PURPOSE:</b> To perfect ball mastery skills through repetition.</p> <p><b>SET UP:</b> Groups of 4 players with a ball each in a 5 yard square with a working player in the middle.</p>	<p><b>ACTION:</b> The Players with the ball at their feet serve the middle player with a variety of serves to focus on different ground skills. Each team tries to get to 20 repetitions of the skill before the other groups. Only balls played back and caught by the server count as a point. With each new skill the middle player changes with an outside server. The Coach keeps the group scores.</p> <p><b>COACH TIP:</b> Make this a competition where Groups score.</p> <p><b>PLAYER TIP:</b> Adjust your feet to execute the skill quickly</p>

ACTIVITY 1	
Organization	Key Coaching Points
<p><b>DRILL 2: Skill + Speed</b></p> <p><b>PURPOSE:</b> To Improve skill + speed</p> <p><b>SET UP:</b> A 25 x 25 yard grid with two balls set on cones 10 yards apart at one end of the grid. At the opposite end three cones are set 6/7 yards apart. Red team line up (attackers, without a ball) to the side of the first cone on the side farthest from the balls. The Yellow team (defenders) line up 3/4 yards behind the line of the cones with a ball.</p>	<p><b>ACTION:</b> Y1 dribbles the ball between the cones and steps on the ball for R1, then Y1 sprints around the far cone to give chase to R1. R1 takes possession of the stopped ball and speed dribbles to try to penetrate the 4 yard shooting zone in front of the three balls at the opposite end of the grid to shoot and knock a ball off.</p> <p><b>VARIATION 1:</b> The Attacker must shoot before the 4 yard shooting line to demonstrate possession and penetration abilities.</p>

ACTIVITY 2	
Organization	Key Coaching Points
<p><b>DRILL 3: Skill + Sense (Decision making)</b></p> <p><b>PURPOSE:</b> Using the Skills in Game Context.</p> <p><b>SET UP:</b> A 30 x 25 yard field with three small goals and a 5 yard shooting line in front of them at each end.</p>	<p><b>ACTION:</b> Teams play 3v3 in the middle 20 yard and can only score from inside the shooting zone in front of their opponents goal. A player from each team plays behind their team's goal line. He/she can play as GK so that if he/she stands behind any goal the opponents cannot score in it. Inside players can pass to GK but must change roles with him/her.</p> <p><b>COACH TIP:</b> Encourage looking beyond first opponent.</p>

GAME	
Organization	Key Coaching Points
<p><b>DRILL 4: Skill + Sense (Decision making)</b></p> <p><b>PURPOSE:</b> Fast transition. Creating and converting scoring chances.</p> <p><b>SET UP:</b> A 30 x 25 yard field with a full size goal and GK at both ends. Additional teams with balls positioned on either side of the goals.</p>	<p><b>ACTION:</b> Teams of 2 players on the field with more teams waiting on either side of their goals. When the attackers score or miss or the ball crosses the plane of any part of the end line a new team bursts on to the field to replace the previous one and the shooting team must defend. If the defending team get possession they can score and stay on.</p> <p><b>NB:</b> The only time the defending team stays on is when the GK saves and releases them to play. The GK can only be used once as a passer by his/</p>

SUNDAY